Mental Health First Aid

Our Mental Health First Aid (MHFA) courses teach people to identify common symptoms of mental health issues, offer first line help and guide a person towards support.

**OUR GROWTH** MHFAiders trained since 2013

<table>
<thead>
<tr>
<th>Year</th>
<th>MHFAiders</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>69</td>
</tr>
<tr>
<td>2014</td>
<td>126</td>
</tr>
<tr>
<td>2015</td>
<td>190</td>
</tr>
<tr>
<td>2016</td>
<td>294</td>
</tr>
<tr>
<td>2017</td>
<td>335</td>
</tr>
</tbody>
</table>

1:100 We now have one MHFAider per 100 members of College

**2020 TARGET 1:50**

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**AWARENESS RAISING**

MHFA Lite is a half-day session to raise awareness, bust stigma and challenge taboos around mental ill health.

260 people have gained this enhanced awareness.

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**IMPROVING OUR GENDER RATIO**

Our team are working to address the gender imbalance by running training courses targeted at men

- **Male**: 28%
- **Female**: 71%

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**INVESTMENT AND SUPPORT**

Seven in-house instructors support the MHFA community

- Connect + Share termly meeting

Imperial social networking group for peer-to-peer support